

## 2019 CGLA Specific Rules

Score is kept at all levels except 8U and officials do not keep time. No OT except in Tournament. Player must play in their appropriate age bracket which is determined by a September 30, 2018 cutoff.

USL Guidelines	14U	12U	12U	10U	8U (USL says no score kept)
<b>CGLA Divisions (Gr/Grad Year)</b>	8 <sup>th</sup> /2023 Gold, Silver & Bronze 7 <sup>th</sup> /2024 Gold & Silver	6 <sup>th</sup> /2025 Gold, Silver & Bronze	5 <sup>th</sup> /2026 Gold & Silver	4 <sup>th</sup> /2027 Gold & Silver 3 <sup>rd</sup> /2028 Gold & Silver	2 <sup>nd</sup> /2029 & 1 <sup>st</sup> /2030
<b>Checking Rules and 3-Sec Closely Guarded</b>	Modified checking for the entry levels (8 <sup>th</sup> /2023 Bronze and 7 <sup>th</sup> /2024 Silver) with 3 sec closely guarded at or above the shoulder  Transitional Checking for the advanced levels (8 <sup>th</sup> /2023 Gold & Silver and 7 <sup>th</sup> /2024 Gold) 3 sec closely guarded rule NOT APPLICABLE	Modified checking below the shoulder. 3 sec closely guarded at or above the shoulder	No checking.  3 sec closely guarded rule is enforced	No checking.  3 sec closely guarded rule is enforced	No checking.  3 sec closely guarded rule is enforced
<b>Major Fouls and Cards</b>	Major fouls per 2019 NFHS Rules Book On 4 <sup>th</sup> YC/RC, play down	Major fouls per 2019 NFHS Rules Book On 4 <sup>th</sup> YC/RC, play down	Same as 14U, EXCEPT Team DOES NOT play short when carded.	Same as 14U, EXCEPT Team DOES NOT play short when carded.	NO CARDS but offender leaves field for a brief time (2 min recommended) for cardable HS fouls, illegal or dangerous contact, and unsportsmanlike conduct. Team DOES NOT play short.
<b>Field Dimensions &amp; Lines</b>	Full Field with HS Lines.	Full Field with HS Lines.	Cross Field must have goal circles, 8M arc, center circle OR center mark and half field restraining line.	Cross Field must have goal circles, 8M arc, center circle OR center mark and half field restraining line.	Cross Field must have goal circles and center mark. (Since using 1 v 1 def and no 8M arc, there is no foul for 3 sec, 8M arc or Shooting Space. Both are classified as a 1v1 def violation.)
<b>Players</b>	12 v 12: 11 Field Players + goalie	12 v 12: 11 Field Players + goalie	8 v 8: 7 Field Players + goalie	8 v 8: 7 Field Players + goalie	4 v 4: 4 Field Players (no goalie)
<b>Coaching Areas</b>	Coaches may go from substitution area to end line on their own half of field.	Coaches may go from substitution area to end line on their own half of field.	Coaches may go from substitution area to end line on their own half of field.	Coaches may go from substitution area to end line on their own half of field.	One coach from each team is permitted on the field for the purpose of instructing all players.
<b>Balls &amp; Goals</b>	Regulation balls and goals.	Regulation balls and goals.	Regulation balls and goals.	Regulation balls and goals.	4x4 goal is mandatory. Soft pink ball, tennis ball or other soft athletic ball of similar or larger diameter is recommended. <b>Standard lacrosse balls (incl SWAX) must not be used at this level.</b>

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<b>Sticks (Appendix C)</b>	Regulation stick and pocket.	Regulation stick and pocket.	Regulation stick and pocket.	<u>Modified</u> pocket allowed No more than ½ ball seen BELOW sidewall Stick may be cut to fit under player's arm.	<u>No Pocket requirements</u> Stick may be cut to fit under player's arm.
<b>Restraining Line</b>	4 field players behind RL	4 field players behind RL	2 field players behind midfield RL	2 field players behind midfield RL	None
<b>Start of Game, 2<sup>nd</sup> Half and after Goal</b>	Draws at start of each half & after goals & players must hold on the restraining line until possession. Mercy Rule (excluded at Post Season Tournament)	Draws at start of each half & after goals & players must hold on the restraining line until possession. Mercy Rule (excluded at Post Season Tournament)	Draws at start of each half and after goals. 3 Players from each team at both 8M arc; hold until possession.  Mercy Rule	Draws at start of each half. 3 Players from each team at both 8M arc; hold until possession.  Mercy Rule	Coin Toss for 1 <sup>st</sup> possession and side of field; No draw. Team losing toss gets first Alternate Possession and possession to start 2 <sup>nd</sup> half. Players will start in their defensive side of the center mark giving a 4-meter cushion to the offensive team. After goal: Ball to defender to side of goal circle
<b>Passing Rules</b>	No passing requirements	No passing requirements	After GK clear to Field Player, another field player must gain possession before going to goal. If ball is turned over, another field player must gain possession before going to goal. Violation will result in a turnover.	After GK clear to Field Player, another field player must gain possession before going to goal. If ball is turned over, another field player must gain possession before going to goal. Violation will result in a turnover.	Two Field Players of same team must possess ball before going to goal. Violation will result in a turnover;
<b>Contested Ground Balls</b>	No restrictions; kicking permitted	No restrictions; kicking permitted	No more than 2 players on a contested ground ball. Kicking NOT PERMITTED.	No more than 2 players on a contested ground ball. Kicking NOT PERMITTED.	No more than 2 players on a contested ground ball. Kicking NOT PERMITTED.
<b>Covering the ball</b>	Not allowed when an opponent is within playing distance.	Not allowed when an opponent is within playing distance.	Not allowed under any circumstances.	Not allowed under any circumstances.	Not allowed under any circumstances.
<b>Substitutions</b>	Regular substitution rules.	Regular substitution rules.	On dead balls, whistle, or goal. May sub on the fly.	On dead balls, whistle, or goal. May sub on the fly.	On dead balls, whistle, or goal <b>NO live ball substitutions</b>

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<b>Game Time (All running)</b>	25 min halves (maximum) 5 min half time  May use stop clock last 2 min. of each half	25 min halves (maximum) 5 min half time NO stop clock even in last 2 min.	25 min halves 5 min half time  NO stop clock even in last 2 min.	20 min halves 5 min half time  NO stop clock even in last 2 min.	18 min halves 4 min half time  NO stop clock even in last 2 min.
<b>Timeouts</b>	One 2-min timeout per team per game. Game clock keeps running.	One 2-min timeout per team per game. Game clock keeps running.	One 2-min timeout per team per game. Game clock keeps running.	<b>None</b>	<b>None</b>
<b>1 v 1 Defense</b>	Not applicable	Not applicable	Not applicable	Must play 1 v 1 defense in the MIDFIELD. Defense may double in the CSA	Must play 1 v 1 defense on entire field Penalty: immediate stoppage and move offender back to her mark; all others 4M away.

Restarting Play after a Foul or Out of Bounds: Self-Starts (SS) are new in 2019. For a foul outside the Critical Scoring Area (CSA) the player who gets the ball in a Free Position (FP), after coming to a stop/settled stance, may continue without waiting for an additional whistle. The SS must be taken within playing distance of spot of foul. All players must move 4M away (offender moves 4M BEHIND on major fouls, and 4M AWAY on minor fouls). Play will commence once ball carrier steps or passes. Once play has commenced, the defenders may engage the ball carrier. Note: the player taking the FP may wait until all players are moved 4M away, and then play may commence on the official's whistle.

SS is not an option when:

- 1) The game clock is stopped.
- 2) There is a restraining line violation (no applicable at 8U)
- 3) The ball is in the CSA, excluding boundary restarts
- 4) There is an alternating possession
- 5) There is an inadvertent whistle or
- 6) A goal is scored.